

U.S. Mental Health Resources



Telus Health

All employees and family members have access to Telus Health

Telus is a free 24/7 total well-being platform that combines on-demand self-guided programs with counseling and prevention advocates. You and your family can access confidential and personalized well-being resources to achieve mental, physical, social, emotional, and financial well-being.

- * How to connect: [U.S. and Canada](#)
- * Program summary: [U.S. and Canada](#)
- * Teams integration: [All employees](#)



UnitedHealthcare behavioral health specialists

Eligibility: Employees and family members enrolled with UnitedHealthcare

Specialists can provide confidential support from the privacy of your home for a variety of concerns including depression, anxiety, mental health disorders, addiction, and more. Connect in minutes with board-certified doctors and therapists over live video.

- * **Behavioral Health:** Log in [myuhc.com](#) > find care & costs > behavioral care providers
- * **Virtual:** Log in [myuhc.com](#) > find care & costs > virtual care > get started in virtual behavioral health care > find a provider

UnitedHealthcare online resources

Eligibility: Employees and family members enrolled with UnitedHealthcare

Learn about what is covered and included as a UHC member.

- * **UHC on-demand resources:** Log in [myuhc.com](#) > coverage & benefits > mental health > view all mental health coverage



National Suicide & Crisis Lifeline

24/7 free and confidential support for people in distress, prevention, and crisis resources

- * Call or text 988 | [learn more](#)

Substance Use Helpline

24/7 free and confidential help with alcohol and drug concerns and care

- * Call 1-855-780-5955 | [learn more](#)

National Domestic Violence Hotline

24/7 free and confidential crisis intervention and information for victims of domestic violence and those calling on their behalf

- * Call 1-800-799-7233 | text "START" to 88788 | [more](#)

Emergency services

24/7 immediate, life-threatening needs, including medical crisis, fire, crime, or natural disasters

- * Call 911 | [learn more](#)

U.S. Mental Health Resources



UHC resource – Calm Health

Eligibility: Employees and family members enrolled with UnitedHealthcare

Calm Health is a widely recognized mental well-being app with resources for sleep, meditation, and mindfulness. UHC members have free access to features like mental health screenings, self-guided learning modules, evidence-based content, and referrals.

* **Access:** Register through your myuhc.com portal. Once registered, continue using via the Calm Health website or download the Calm Health app.

UHC resource – Talkspace

Eligibility: Employees and family members enrolled with UnitedHealthcare

Talkspace gives you access 24/7 to free professional counseling via text, audio, or video messaging. No appointments are necessary; message your therapist anytime. Or schedule virtual live appointments, when needed.

* **Access:** Register at talkspace.com/connect > Use my insurance benefits > select UHC > enter your insurance and demographic information. After registering, download the Talkspace app for ongoing therapy.



National Suicide & Crisis Lifeline

24/7 free and confidential support for people in distress, prevention, and crisis resources

* Call or text 988 | [learn more](#)

Substance Use Helpline

24/7 free and confidential help with alcohol and drug concerns and care

* Call 1-855-780-5955 | [learn more](#)

National Domestic Violence Hotline

24/7 free and confidential crisis intervention and information for victims of domestic violence and those calling on their behalf

* Call 1-800-799-7233 | text "START" to 88788 | [more](#)

Emergency services

24/7 immediate, life-threatening needs, including medical crisis, fire, crime, or natural disasters

* Call 911 | [learn more](#)